

National Institute for Health and Care Excellence

PUBLIC HEALTH GUIDANCE – Sunlight exposure: benefits and risks

Consultation on the Draft Scope from
3rd September 2013 – 1st October 2013
Comments on the Draft Scope to be submitted
no later than 5pm on Tuesday 1st October

Stakeholder Comments

Please use this form for submitting your comments to the Institute.

1. Please put each new comment in a new row.
2. Please insert the **section number** in the 1st column. If your comment relates to the document as a whole, please put '**general**' in this column
3. **Please note - comments forms with attachments such as research articles, letters or leaflets cannot be accepted. If comments forms do have attachments they will be returned without being read. If the stakeholder resubmits the form without attachments, it must be by the consultation deadline.**

Name:	Jo Mullin	
Organisation:	Joint Response from College of Optometrists and Optical Confederation	
Section number Indicate section number or ' general ' if your comment relates to the whole document	Page number	Comments Please insert each new comment in a new row.
General		The College of Optometrists and the Optical Confederation welcome the inclusion of Eye Disease as stipulated in section 3a as a core driver for the guidance. However, we feel that the scope must contain more robust advice for eye health in relation to UV exposure. The skin on the eye lid is very thin and delicate so it's vital to protect this area from UV rays. There is strong evidence that ultraviolet radiation (UVR) exposure is associated with the formation of eyelid malignancies [basal cell carcinoma (BCC) and squamous cell carcinoma (SCC)], photokeratitis, climatic droplet keratopathy (CDK), pterygium, and cortical cataract. (Yam and Kwok 2013) (Ultraviolet light and ocular diseases. Int Ophthalmol. 2013 May 31-

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NB: The Institute reserves the absolute right to edit, summarise or remove comments received on during consultation on draft scope where, in the reasonable opinion of the Institute, they may conflict with the law, are voluminous or are otherwise considered inappropriate.

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General		<p>A powerful but easy message to communicate to the general public is that the simplest method of protecting your eyes from potentially damaging sunlight is by habitually wearing sunglasses when likely to be exposed to UV rays. This message should be relayed to both adults and children, the latter being more susceptible to UV damage as they spend more time outdoors. Since eyes are exposed to UV light even on a dull day, consideration should also be given to providing UV protective coating to children that are provided with vision correction through the NHS. Children should also be encouraged to wear sunglasses and hats while on holidays, especially at the beach.</p> <p>Certain adults are also at increased risk of UV exposure, for example after cataract surgery or that have a risk of skin cancers. We would welcome a recommendation for these adults also to have UV protection on their vision correction (on the NHS if they are eligible for NHS vision correction).</p>
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General		<p>There is a European standard for UV protection in sunglasses and it has been proven that lenses meeting these standards will protect against the UV spectrum indicated (called the CE mark). (Dain et al. 2010) (British Standards Institution 2006). All sunglasses placed on the EU market should conform to the CE mark. However, there is no mandatory testing in Europe (the sunglass industry is deemed self regulating against a range of CEN/BSI standards) therefore a degree of caution should be exercised when procuring sunglasses and care should be taken to ensure they are of an appropriate quality. Dain, S.J. et al., (2010) in their paper, <i>Sunglasses, the European directive and the European standard</i> tested 646 CE marked pairs of sunglasses during 2003 and first half 2004 - examined and evaluated for compliance with EN 1836 (the European sunglass standard). They concluded that, with up to 20% non-compliance, self regulation is not working particularly well in providing the public with complying sunglasses. It is therefore recommended that patients are advised that you can't see by observation alone whether or not a sunglass lens absorbs a safe level of UV, so it is important to ensure that they are bought from a reputable source. In cases of doubt, a patient should ask their local optic optician.</p>
General		<p>Repeated exposure to UV may cause long term damage which could affect sight in later life. Tanning beds use ultraviolet lights that produce both UVA and UVB rays, which can be more powerful in their effect than the sun as the light is concentrated and directed straight at the face.</p>
4.2.1.		<p>Optometrists and Dispensing Opticians should be included in the targeted list of Health Practitioners for enhanced knowledge, abilities and confidence in giving tailored advice on the benefits and risks of sun exposure and further be considered key players in delivering the messages about UV exposure and its potential effect on eyesight and ocular tissues such as eyelids.</p>

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